



Comprehensive Strategy for Lucas County Children & Families



Volume 3, Issue 2

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Our Mission: Engaging the community in enacting the Comprehensive Strategy initiatives through education, promoting collaboration, and providing resources for planning.

THIS MONTH'S FOCUS: *Healthy Lifestyles*

HEALTHY LUCAS COUNTY FITNESS CHALLENGE

by Meredith Moran, Toledo-Lucas County Health Department

The Healthy Lucas County Physical Activity and Nutrition sub-committee of the Hospital Council of Northwest Ohio has as its mission *To improve the health and quality of life of Lucas County residents by focusing on increased physical activity and nutrition education.* To that end, they have organized a community-wide effort to make exercising as convenient and enjoyable as possible with the Healthy Lucas County Fitness Challenge. This free 8-week Fitness Challenge encourages Lucas County residents to become more physically active.

The Challenge offers trial memberships at select fitness centers, weekly guided MetroPark and City Park walks, weekly health seminars, group exercise classes at three area community centers, and personalized information packets for exercise at home.

A kick-off event will be held on Saturday, April 5, from 9 a.m.-1 p.m, in the Ward Pavilion at Wildwood Preserve MetroPark. Participants can enjoy free health screenings, fitness assessments, health booths and demonstrations, guided MetroPark walks, meet representatives from local fitness and community centers and receive a Challenge t-shirt. For those who are unable to attend the kick-off, there will be three early registration dates at the participating community centers:

- ♥ Frederick Douglass: April 1st – 5:30 - 7:30 p.m.
- ♥ Aurora Gonzalez (South Avenue): April 2nd – 10 a.m. - 12 noon
- ♥ East Toledo Family Center: April 3rd – 2:30 - 6:30 p.m.

Those who volunteer to accept the Challenge must accumulate at least 15 challenge stamps throughout the eight-week program. Challenge stamps can be obtained by exercising at the select fitness centers, attending group exercise classes at the community centers, going to a scheduled walk, attending a health seminar, or simply by exercising at home. Each participant who successfully completes the Challenge will be entered into a drawing for fitness center memberships, local gift certificates, exercise equipment and many more exciting prizes. *(see page 2 for a complete schedule of events)*

The Healthy Lucas County Fitness Challenge will wrap up on Saturday, May 31, with a Family Fun Walk at Swan Creek MetroPark from 9-11 a.m. In addition to the walk, post-screenings and fitness assessments will be available to all participants and the prize raffles will be held.

With sedentary lifestyles and obesity on the rise, we need to make a conscience effort to keep our bodies healthy. There are health issues such as diabetes and hypertension that we can attribute to unhealthy lifestyle choices. We need to protect ourselves through exercise and eating right. Take a step in the right direction and **Accept the Challenge!**

OUR VISION

Lucas County will be a community...

- That supports parents in caring for their children.
- Where families set their own goals and provide a loving, nurturing, supportive and safe environment.
- Where parents are the primary service specialists for their children and will provide opportunities for their growth.
- Where the community will support parents with the necessary assistance for the care and nurturing of their children.

SPOTLIGHT



on Healthy Lifestyles:

- ADAS Youth Health Behavior Survey - *page 2*
 - Teen tobacco use trend - *page 2*
- Fitness Challenge Schedule of Events - *page 2*
- Targeted Community Action Planning (TCAP) - *page 3*

- For more information, contact Melissa at 419.842.9913

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ADAS 2002 Youth Health Behavior Survey Results

In 2002, the ADAS Board, Toledo-Lucas County Health Department, and Healthy Lucas County collaborated to collect adolescent health behavior information among Lucas County junior high and high school students. The survey was administered to a total of 34,165 fifth through twelfth grade students throughout the county and data is available on body mass index; student perceptions and actions regarding their weight; adolescent nutrition and exercise; alcohol, tobacco, and other drug use, and suicidal ideation and attempts. This information was analyzed by age, gender, and race/ethnicity.

Center for Disease Control and Prevention (CDC) guidelines were used to interpret self-reported data on age, height, and weight collected from 23,739 students in grades 7-12. Separate BMI (Body Mass Index) charts were calculated for males and females. The CDC BMI-for-Age index was used to place percentile cut-off values for the following categories: overweight (> the 95th percentile); at risk of overweight (> the 85th percentile); average weight, and underweight (< than the 5th percentile).

The survey revealed that over one in four (27%) Lucas County students between the ages of 12 and 18 report themselves to be either overweight or at risk of being overweight. Significant differences exist between genders as 29% percent of males indicate they are at risk of being overweight or overweight compared to 20% of females. Differences between racial and ethnic groups were also presented as 34% of Black/African American students, 33% of multicultural students, and 23% of whites report themselves as at risk for being overweight or overweight.

The students were also asked nine questions relating to perceptions about weight, weight goals, healthy eating and drinking habits, cardiovascular exercise, strength building

exercise, and sedentary activity based on the Youth Risk Behavioral Survey (YRBS) 1999. Just over one-half (57%) of all adolescents think their present weight is about right, yet 40% of the teens report that they are trying to lose weight. Less than 15% of all adolescents eat fruits and vegetables three or more times per day.

- For complete details, contact Dr. Bill Ivoska, 419.661.7255

Teen tobacco use increases in summer months

More teens start smoking during the summer months than any other season, according to new research. These findings suggest that programs aimed at stopping teens from starting the habit should not take place only in schools, and that some way to steer teens away from smoking is needed in the summer, as well, Dr. Stacey L. Stevens of the Texas Commission on Alcohol and Drug Abuse and her colleagues report.

The findings are based on the responses of 826 adolescents, average age 16, who were attending a state-man-dated program to help them stop smoking. Stevens and her team found that 47% of the teens said they started smoking during May, June, July or August. The most popular months to start the habit were May and June.

Although the current study did not determine why students are more likely to start smoking for the first time during the summer, Stevens said it makes sense that more freedom and free time could provide more opportunities to pick up the habit. Previous research has found that teens who engage in more extracurricular activities are less likely than others to try drugs or drink alcohol - most likely because they are supervised during those after-school hours.

- excerpt from "Smoking Starts in Summer Months, When School's Out," by Alison McCook, 11/13/02; Reuters UK

HEALTHY LUCAS COUNTY FITNESS CHALLENGE SCHEDULE OF EVENTS

Tuesday, April 1	5:30 - 7:30 p.m.
Wednesday, April 2	10 a.m. - 12 noon
Thursday, April 3	2:30 - 6:30 p.m.
Saturday, April 5	9 a.m. - 1 p.m.
Tuesday, April 8	6:30 - 7 p.m.
Thursday, April 17	5:30 p.m.
Saturday, April 19	11 a.m.
Thursday, April 24	6:30 p.m.
Wednesday, April 30	6:30 - 7:30 p.m.
Saturday, May 3	9 a.m.
Wednesday, May 7	6:30 - 7 p.m.
Tuesday, May 13	7 p.m.
Saturday, May 17	12:30 p.m.
Thursday, May 22	6:30 - 7:30 p.m.
Saturday, May 24	4 p.m.
Tuesday, May 27	5:30 - 7:30 p.m.
Wednesday, May 28	10 a.m. - 12 noon
Thursday, May 29	4:30 - 6:30 p.m.
Saturday, May 31	9 - 11 a.m.

Early registration - Frederick Douglass
Early registration - Aurora Gonzalez
Early registration - East Toledo Family Center
Kick-off - Wildwood MetroPark Ward Pavilion
Walk and Health Seminar - Aurora Gonzalez
Health Seminar - Frederick Douglass
Walk - Ottawa Park
Walk - Riverview
Walk and Health Seminar - Wildwood Park
Walk - American Heart Walk
Walk and Health Seminar - Walbridge Park
Health Seminar - Frederick Douglass
Walk - Toledo Olde Towne Community Organization
Walk and Health seminar - Wildwood
Walk - Pearson Park
Wrap-up event - Frederick Douglass
Wrap-up event - Aurora Gonzalez
Wrap-up event - East Toledo Family Center
Victory walk and wrap-up event - Swan Creek MetroPark

ACCEPT THE CHALLENGE!

An Evolving Comprehensive Strategy

Since 1995, the Department of Justice, Office of Juvenile Justice and Delinquency Prevention (OJJDP) has been supporting local comprehensive strategic planning in several states across the nation by providing long-term training and technical assistance. Using this experience and information gathered through the National Process Evaluation, OJJDP is developing Targeted Community Action Planning (TCAP), an effort that will focus on results, not process. TCAP will help communities assess their juvenile justice and delinquency prevention needs and assist them in developing a targeted community response to the most critical issues identified by community leaders.

On October 18-19, 2001, OJJDP held a meeting of the Comprehensive Strategy Working Group to discuss, develop, and adopt a new community-based planning process that is results-oriented and focuses on the nationwide implementation of best practices and promising programs. The meeting was held in Washington, DC, and discussion by the Working Group addressed the following key ideas:

- OJJDP wishes to enhance its comprehensive strategic planning efforts by adding a decision-making process that centers on a limited number of clearly identified ideas/priority areas. Such a process leads quickly to action and allows a community to gain momentum for extended planning efforts.
- The buy-in of key community leaders is a vital element of OJJDP's new approach. Stakeholders and leaders who have the resources must be committed to making the change.
- Communities should be urged to develop targeted responses that are based on the best and most promising program models (e.g., the Prenatal and Infancy Home Visitation by Nurses program). The TCAP effort must promote the concepts and strategies of promising programs and best practices in the field of prevention, intervention, and graduated sanctions.
- TCAP should allow communities to access and use resources and tools without relying on considerable onsite training and technical assistance (i.e., by relying more on technology).
- The TCAP process can enhance community efforts to address public safety and the needs of serious and violent offenders as they reenter communities following confinement in juvenile correctional facilities or training schools.
- TCAP will continue to support core social institutions - specifically, community- and faith-based organizations - in their efforts to reduce risk factors for youth and help youth develop their potential.
- A data- and resource-mapping component that guides communities through the decision-making process will be used to abbreviate the TCAP process.
- The TCAP process should identify and work with centers for continuous capacity (e.g., local colleges and universities) that can provide support to the community throughout the extended planning process.
- TCAP should allow communities to address problems by reallocating existing resources.
- TCAP will encourage multifaceted responses that involve the full continuum of youth services.

OJJDP's Targeted Community Action Planning Program Manager: *Dennis Mondoro*, 202.514.3913, mondorod@ojp.usdoj.gov

- From OJJDP's "News at a Glance" and the TCAP website: www.ojjdp.ncjrs.org/tcap/index.html

LOCAL RISK FACTORS

Favorable Parental Attitudes & Involvement in the Problem Behavior:

• Indicators:

- ☐ Adult violent crime arrests
- ☐ Adult drug offense arrests

Friends Who Engage in the Problem Behavior:

• Indicators:

- ☐ Alcohol use in 8th, 10th & 12th grades
- ☐ Marijuana use in 8th, 10th & 12th grades
- ☐ Cigarette use in 8th, 10th & 12th grades
- ☐ Cocaine use in 8th, 10th & 12th grades
- ☐ Teen pregnancy rates

Academic Failure Beginning in Elementary School:

• Indicators:

- ☐ Drop-out rate
- ☐ Graduation rate
- ☐ Reading proficiency
- ☐ Math proficiency

Early Initiation to Problem Behavior:

• Indicators:

- ☐ Alcohol use in early grades
- ☐ Marijuana use in early grades
- ☐ Cigarette use in early grades
- ☐ Cocaine use in early grades

Family Management Problems:

• Indicators:

- ☐ Number of children in substitute care
- ☐ Incidences of substantiated child abuse or neglect

-based on local data gathered for the community report on *A Comprehensive Strategy for Lucas County Children & Families*, 1999



President's Council on Physical Fitness & Sports

• www.fitness.gov

Nat'l Association for Health & Fitness

• www.physicalfitness.org

Shape Up America!

• www.shapeup.org

The Community Partnership

5902 Southwyck Blvd., Suite 100

Toledo, Ohio 43614

www.communityprevention.org



Comprehensive Strategy for Lucas County Children & Families

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The Comprehensive Strategy for Lucas County Children & Families newsletter is a cooperative effort of many agencies throughout the county. For copies of the initial report or data CD, or to join the mailing list, contact The Community Partnership at 419.866.3611, 5902 Southwyck Blvd., Toledo, Ohio 43614 or e-mail Cyndi@communityprevention.org. For specific Comp Strategy questions, call Kristen Kania at Lucas County Family Council, 419.213.6994, or e-mail kkania@co.lucas.oh.us

OVERVIEW OF COMPREHENSIVE STRATEGY

Problem Behavior □ Noncriminal Misbehavior □ Delinquency □ Serious, Violent & Chronic Offending

Prevention

Target Population: At-Risk Youth

Graduated Sanctions

Target Population: Delinquent Youth

Programs for
All Youth



Programs for Youth
at Greatest Risk



Immediate
Intervention



Intermediate
Sanctions



Community
Confinement



Training
Schools



Aftercare

Youth Development Goals:

- Healthy and nurturing families
- Safe communities
- School attachment
- Prosocial peer relations
- Personal development and life skills
- Healthy lifestyle choices

Youth Habilitation Goals:

- Healthy family participation
- Community reintegration
- Educational success and skills development
- Healthy peer network development
- Prosocial values development
- Healthy lifestyle choices